# THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering

Marysville, Pa .- "For twelve years I suffered with terrible cramps. would have to stay



in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never

troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did."

—Mrs. George R. Naylor, Box 72, Marysville, Pa.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only women open and read such letters.



"Dat's as fine a goose as Lever saw, Brudder Wil-s. Where did you get it 37

"Mistah Rawley," said the curver of the goose, with dignity, "when you preach a special good sermon I never axes you where you got it. Seems to me dat's a triv'al matter anyway."

It anybody asks how you got nervous indigestion, constipation or dyspepsia you couldn't tell, but if you want to get rid of all such painful disorders

## Green's August Flower

will get promptly in the relief of all stomach and bowel troubles, and your freedom from pain and discomfort will make you feel that life is again worth living. 25c and 75c at druggists and dealers. 51 years of success.

TYPHOD is no mo, necessar, than Small, ox, Amy experience has demonstrated the almost miraculous efficacy, and harmlescoss, of Antityphoid Vaccination. Be vaccinated NOW by your physician, you and your family. It is more vital than house insurance. Ask your physician, druggist, or send for 'Have you had Typhoid?' telling of Typhoid Vaccine, results from use, and danger from Typhoid Carriers. Producing Vaccines and Serums under U. S. License. Producing Vaccines and Serums under U. S. License The Cutter Laboratory, Berkeley, Cal., Chicago, IIL



U. S. Government Buys It SOLD EVERYWHERE-25c and \$1.00

Misconstrued.

She-Winter sports are so fascinat-

He-Well, don't look at me. I'm not

even a summer sport.

A spinster who says she is glad of it may make everybody believe it but

## Nerves All On Edge?

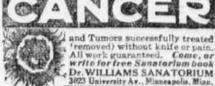
Just as nerve wear is a cause of kid ney weakness, so is kidney trouble a cause of rervousness. Anyone who has backache, nervousness, "blues," headaches, dizzy spells, urinary ills and a tired, worn feeling, would do well to try Doan's Kidney Pills. This safe, reliable remedy is recommended by thousands who have had relief from just such troubles.

## A South Dakota Case

Mrs. Will Noahr, For years I of left side



wonderfully and I an ry grateful." Get Doan's at Any Store, 50c a Box DOAN'S RIDNEY FOSTER-MILBURN CO., BUFFALO, N. Y.





"ROUGH on RATS " Bleds Rats. Milee, Bugs

STONESOPERATIONS No Oil) No more Gall-stone Pains of Stomach Back. Bide or Shoulders. Liver Stomach Misery, Pyapepsia. Colic. Gas. nes, Headache. Constipation. Pyles. Catarrin-ess. Blues. Jaundice. Appendictis. These ion Gallatone symptoms—(AN BECTIER). bomic treatment. Sedical Book on FREE ark, Gall Travelrs and Appendictis. FREE me Ramedy Co., Dept. W-9, 219 S. Dearburn Wa., Chicago

# EXCELLENT RETURNS FROM THE CANADIAN WHEAT CROP

United States Settlers Becoming Rich on Western Canada Lands.

The large number of United States settlers coming to the Western prov inces of Canada are easily explained by the case of Mr. C. Lucy, late of Wisconsin and later of Alberta.

Mr. Lacy came to Canada from Wisconsin in the summer of 1914 with \$1,500 available cash in his possession. He rented a half-section of partly improved land in Alberta and commenced summer fallowing. He broke 300 acres with oats, 20 with barley, and 260 with wheat. Also he had two cows and 20 head of young live stock. He was fortunate in buying feed at a bargain and managed to rent the adjoining quartersection as pasture.

A few weeks ago he decided to realize his profits-and they amounted to \$6.000 absolutely clear from the crop and the stock.

W. J. Winstead, of Brooks, Alberta.

"I landed in Brooks, March 18th, 1916, with one car of household effects, and nine head of good horses, and less than \$500 in cash. I have put \$1,500 worth of improvements on my farm. I have 31 head of cattle, 16 head of horses, debts all paid, a new automobile, and a good, stiff bank account. At present prices. I can such in for \$16,000. I am well satis.ted, and expect to double this next year.

I have threshed altogether 7,000 bushels of No. 1 Northern wheat from two hundred acres, which went from 24 to 56 bushels per acre.

Seven thousand bushels of wheat, all No. 1 Northern, two thousand bushels of oats, 670 bushels of flax, 700 bushels of barley-all at market priceswell, figure this out for yourself at the market price. I sold 3,100 bushels of wheat at \$1.74%, am holding the remainder for \$2.00. Also all the oats, barley and flax for higher prices,"

Intelligent farming pays always according to Alex. Wattle, a prosperous farmer. Some figures to prove his contention that he has "made good."

In 1914 Mr. Wattie threshed 40 hushels to the acre from a 30-acre crop This sold for \$1.60% per bushel, which after deducting seed, labor, twine, threshing and freight, left a clear profit of \$50 per acre, or a total of \$1,500. From last year's crop of 34 acres, just sold, he received after freight had been deducted, \$1.876.94.—Advertisement.

Against Women's High Shoes.

There is a great cry in England against the high shoes of fashion, because of the leather they consume, unnecessarily. One manufacturer announces publicly that although he is not in sympathy with the style he must make them because women insist upon having them.

For sick headache, bad breath, Sour Stomach and constipation.

Get a 10-cent box now. No odds how bad your liver, stomach or bowels; how much your head aches, how miserable and uncomfortable you are from constitution, indigestion, billousness and sluggish bowels -you always get the desired results with Cascarets

Don't let your stomach, liver and bowels make you miserable. Take Cascarets to night: put an end to the headache, billiousness, dizziness, nervourness, sick, sour, gassy stomach. backache and all other distress; cleanse your inside organs of all the bile, gases and constipated matter which is producing the misery.

A 10-cent box means health, happy ness and a clear head for months. No more days of gloom and distresif you will take a Cascaret now anthen. All stores sell Cascarets Don' forget the children-their little in sides need a cleansing, too. Adv.

Mismated.

"Are they well mated?" "No. She can spend the mone; nuch faster than he can make it." Detroit Free Press.

## CARE FOR YOUR SKIN

And Keep It Clear by Daily Use of Cuticura-Trial Free.

A hot bath with Cuticura Soap fol lowed by a gentle anointing with Cuti cura Ointment clears the skin or scalp in most cases of eczemas, rashes and itching of children and adults. Make Cuticura your every-day tollet preparations and prevent such troubles.

Free sample each by mail with Book Address postcard, Cuticura, Dept. 1. Boston, Sold everywhere .- Adv.

Purity is the essence of heavenly wisdom; it is the pure in heart alone who arrive at this wisdom,-Ruther

## VALUE OF COW-TESTING ASSOCIATIONS



MAN'S GREATEST BENEFACTOR-THE COW.

(From the United States Department of Agriculture.)

That the appearance of a dairy cow cannot be depended on to indicate her production of milk is illustrated by a demonstration conducted under the auspices of the dairy division of the department with a herd of nine cows that fails to pay for even her feed. at the National Dairy Show held recently at Springfield, Mass.

A year's record of milk and butter fat already had been made for all the cows of the herd. During the show complete records of production and feed consumption were kept and in every case the previous records were duplicated. Some of the cows were of poor dairy type, yet were good producers; others were of good dairy type, yet were poor producers; still others of similar apperance had grently different records. Of the last-named



Results of Good Management.

class were Nos. 8 and 9. Many experienced sotckmen selected No. 9 as the better of the two, but the records showed that for the last year No. 8 man in charge answered questions on gave 8,445 pounds of milk and 346 of dairying and explained the construcfat compared with 4.279 pounds of milk and 198 of fat for No. 9. This dairy buildings. served as an object lesson to the hundreds of people who dally viewed the demonstration that good dairy type is not always associated with large production and that poor dairy type does not indicate lack of large yield.

Cost of Records. "What does it cost to keep records?" where the above-quoted records were and fully 15,000 viewed the exhibits.

made, the charge is \$1.50 a month for each cow, and in addition the board of the tester for one day each month. With feed, labor, and live stock so high, it certainly is imperative to eliminate every unnecessary expense like the "boarder" or "robber" cow

In the big room at the dairy show where the cows were stanchioned were several hundred comfortable seats. Here several times each day wellknown dairymen from various parts of the country talked to the large audiences on dairy problems, Illustrating their remarks with the cows of the demonstration herd. Especial emphasis was laid upon the value of records in economical management.

Bull Associations. Co-operative bull associations were carefully described and their many advantages explained. That it was possible to have high-class buils of the finest breeding for the use of a dairyman with only a few cows seemed to many farmers as too good to be true, especially when the cost was even less than in the case of scrub bulls. In this connection the charts that illustrated the conditions at Roland, Ia., before and after the organization of a bull association, elicited much interest. At that place, for a yearly investment of \$7.50 each, the members have the use of five \$240 bulls for ten

On the walls of the demonstration room were pictures of famous dairy animals, charts showing results of record keeping, etc. Adjoining were skeleton milk or dairy houses, with the sides only partially finished, to show the construction; also a model of a dairy barn and of a silo. In the milk houses was dairy equipment, and a tion of these and all other kinds of

At regular periods demonstrations In the sterilization of milk utensils were given with the inexpensive farm sterilizer described in Farmers' Bulletin 748; these demonstrations were well attended.

There was also keen interest in every part of the demonstrations, as was a common question of the dairy- may be judged from the fact that men. In cow-testing associations, about 5,000 people listened to lectures

## 100 Years Old

"The kidneys play a most important part in causing premature old age and death-the more injurious the poisons passing thru the kidneys the sooner comes decay"—so says a distinguished physician, who further advises all people who are past thirty to preserve the vitality of the kidneys and free the blood from poisonous elements, such as uric aciddrink plenty of water-sweat some daily and take Anuric before meals.

. This Anuric is put up in tablet form, and can be obtained at almost any drug store. For that backache, lumbago, rheumatism, "rusty" joints, swellen feet or hands, due to uric acid lumbago, rheumatism, "rusty" joints, choly and nervousness, brings refresh-swellen feet or hands, due to uric acid in the blood, Anuric quickly dissolves the uric acid as hot water does sugar derangements incident to womanhood. Discovered by Dr. Pierce of Buffalo, N. Y.

The man cannot realize how much he misses when he loses an opportunity of giving pleasure.

#### ACTRESS TELLS SECRET.

A well known actress gives the follow-ing recipe for gray hair: To haif pint of water add I oz. Bay Rum, a small box of Barbo Compound, and the oz of glyceriae.

Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded gray bair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Next to the originator of a good sentence is the first quoter of it.-Emer-

## YES! MAGICALLY! **CORNS LIFT OUT** WITH FINGERS

You say to the drug store man. Give me a small bottle of freezone. This will cost very little but will positively remove every hard or soft corn or callus from one's feet.

A few drops of this new ether compound applied directly upon a tender. aching corn relieves the soreness instantly, and soon the entire corn or callus, root and all, dries up and can be lifted off with the fingers. This new way to rid one's feet of

corns was introduced by a Cincinnati man, who says that freezone dries in a moment, and simply shrivels up the corn or callus without irritating the surrounding skin. If your druggist hasn't any freezone

tell him to order a small bottle from Binfs Savings Bank, Dunn and Bradstreek his wholesale drug house for you .- ndv. It's a pretty safe guess that the

man who has no friends has done

something to deserve the fix he is in. Important to Mothers Examine carefully every bottle of CASTORIA, that famous old remedy

for infants and children, and see that it Bears the Signature of Chat St. Telethers In Use for Over 30 Years.

Matrimony is a catch-as many an ex-bachelor has discovered to his sor-

THE REFLECTIONS OF A MARRIED WOMAN—are not pieasant if she is delicate, run-down, for over worked. She feels "played out" Her smile and her good spirits have taken flight. It worries her husband as well as herself.

her husband as well as herself.

This is the time to build up her strength and cure those weaknesses or aliments the seat of her Disparse Payorite Preseries.

trouble. Dr. Pierce's Favorite Prescription regulates and promotes all the proper functions of womanhood, enriches the blood, dispels aches and pains, melan-

A well-known agent which can be recured at all drug stores is "Pleasand Prevent premature old age by simply sipping a cup of hot water every morning before breakfast, taking a little Anuries before meals and live to be a hundred.

procured at all drug stores is "Pleasant Pelbus," made up of the May-apple, the dried juice of the leaves of aloes and the root of julap. First put out by Dr. Pierse nearly lifty years ago. —Adv.

> Substantial Token. "Have you anything on hand se make your engagement practical?" "Sure, pe. A diamond ring."

## Sudden Cold. Look out-it's dangerous.

CASCARA QUININE

The old family remedy—in tablet furm—safe, sure, easy to take. No opiates—no unpleasant after-effects. Cures colds in 24 hours—Grip in 3 days. Money back if it fails. Get the genuine box with Red Top and Mr. Hill's picture on it—25 cents. At Any Drug Store

PATENTS Watson E. Cole man Patent Lawyer, Washington D. C. Advice and books from Bates reasonable. Highest reforences. Best services

#### Sioux City Directory "Hub of the Northwest."

#### HIDE and FUR SHIPPERS Highest market price guaranteed and a square deal. Write for our circular. BOLLES & ROGERS, Sioux City, Ions

Write, Phone or Wire Your Offerings of POULTRY, BUTTER & EGGS BIGHEST PRICES, QUICE RETURNS

Consolidated Poultry & Egg Co. Omaha, Neb. and Council Bluffs, Iowa References: Omaha National Bank, Council

COSTUMES THEATRICAL MASQUERAD FOR RENT OR SALE Largest stock in the West. Shipped by express anywhere in the U. S.

THEO, LIEBEN & SON, 1516 Howard St., OMAHA FOR BEST SERVICE SHIP **RICE BROTHERS** 

Live Stock Commission Merchants at SIOUX CITY, Chicago or Kansas City Children Cry for Fletcher's Castoria RUPTURE CURED in a few days

gical operation. No pay until cured, Write W. N. U., SIOUX CITY, NO. 6-1917.

The Quinine That Does Not Cause Nervousness or

Ringing In Head Because of its Tonic and Laxative effect, LAXATIVE BROMO OUININE can be taken by anyone without causing nervousness

or ringing in the head. It removes the cause of Colds, Grip and Headache. Used whenever Quinine is needed.

—but remember there is Only One

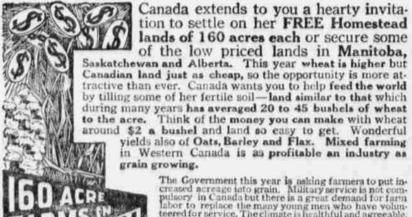
Bromo Quinine That is the Original

axative Bromo Quinine

This Signature on Every Box



# Raise High Priced Wheat on Fertile Canadian Soil



The Government this year is asking farmers to put increased acreage into grain. Military service is not compulsory in Canada but there is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is healthful and agreeable, railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Supt. of immigration, Ottawa, Can., or to

M. J. Johnstone, Drawer 197, Watertown, S. D.; R. A. Garrett, 311 Jackson St., St. Paul, Minn. Canadian Government Agents

of Agriculture.

Sixty-seven state agricultural colleges and experiment stations are devoted to the development of agriculture. Their endowment, plant and

They have an income of more than a resident student body of over 75,000

Under Best of Circumstances Some Loss Is Sure to Occur-Work

Into Soil by Disking. Much loss of plant food occurs every year from loss of manure. Those who feed in pastures of course lose much of the manure from their animals, unless it is possible to bring the pasture into cultivation. Manure that is piled is likely to deteriorate rapidly unles

special care is taken in handling it. Even under the best of circumstances some loss is sure to occur, but It should be reduced as low as possible. This may be done by feeding under cover or on earth floor or still

better upon a cement floor. Probably one other method excels this and that is one which allows the droppings to be deposited in the field where they are so scattered that no heating or fermentation can take place. and all plant food which is leached out goes directly into the soil. Much of the advantage of this method is lost in case of steep hillsides. In case of dairy cows, he uling the manure to the field daily with a spreader, where this

can be done, allows of very little loss. After the manure has been scattered evenly and thinly by the spreader or by hand care should be taken to see that it is worked into the soil by disk- the soil. ing or plowing under soon enough so that it will decay. Undecayed straw 'a the manure may help to prevent loss the lime to the crop preceding, in or by soil washing, but in dry sensous, unless plowed under early, it may leave become thoroughly available for the the soil so open that it will dry too affaffa. apidly, to the detriment of the crop-

## PREPARE FOR COLD WEATHER

Wintry Winds Must Be Prevented From Entering Poultry House, Pig Pens and Barna

Preparation is necessary for every senson, but winter more particularly than any other. Wintry winds must be prevented from entering the poul- equipment amount to \$160,000,000. try house, the pig pen, the horse and cow stable and the dwelling house \$35,000,000, with 5,500 teachers and liself.

## SPREAD BARN MANURE DA'LY MAKING REPAIRS IN WINTER

Farm Shop Does Not Cast Much to Build and Equip-Place to Work During Severe Weather

While the weather is cool and otherwise disagreeable try to find work to do under shelter. Usually there will be stalls at the barn to clean; manure may have accumulated so it should be piled to be hauled as soon as the weather is suitable. The harness may need oiling or mending; implements

may need slight repairs. Those who have farm shops have a place to work in bad weather when the hands cannot work in the fields. It does not cost much to build and equip a small shop where repairs may be made and they are worth much to the

## APPLY LIME AFTER PLOWING

This Should Be Done Three or Four Weeks Before Seeding Alfalfa to Work It Into Soil.

Lime should be applied after plow ing, and preferably three or four weeks before seeding alfulfa, in order that it may become from frequent har rowings thoroughly incorporated with

It is often practicable, especially when using ground limestone, to apply der that there may be time for it to

## MILLIONS TO HELP FARMERS

Agricultural Colleges and Experiment Stations Devoted to Development